

Beef and Cabbage for Dinner Tonight

Makes: 4 Servings

Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 **pound** ground beef, lean (15% fat)
- non-stick cooking spray
- 1 **teaspoon** garlic powder
- 1/4 **teaspoon** black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

Directions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

University of Maryland Extension. Food Supplement Nutrition Education Program.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	268	
Total Fat	12 g	18%
Protein	24 g	
Carbohydrates	16 g	5%
Dietary Fiber	6 g	24%
Saturated Fat	5 g	25%
Sodium	110 mg	5%

MyPlate Food Groups

Vegetables	2 3/4 cups
Protein Foods	3 ounces